

**POSSIBLE TIMETABLE - SCHOOL CLOSURE/SELF-ISOLATION**

<b>TIME</b>	<b>ACTIVITY</b>	<b>IDEAS</b>
9.00-9.30am	<b>Morning Physical Activity</b>	Yoga, stretches, circuit training <i>See YouTube ideas</i>
9.30-11.00am	<b>Academic Time</b>	NO ELECTRONICS - Maths and English Activities <i>See ideas on class pages</i>
<b>MORNING BREAK</b>		
11.15-12.15pm	<b>Creative Time</b>	Lego, drawing, playdough, painting, crafting, cooking or baking.
<b>LUNCH</b>		
12.45-1.15pm	<b>Chore time</b>	Tidy room, put away the washing, do the washing up.
1.15-2.00pm	<b>Quiet time</b>	Reading, puzzles, listen to music, nap.
2.00-3.30pm	<b>Academic Time</b>	Curriculum Activities <i>See ideas on class pages</i>
3.30-4.30pm	<b>Afternoon Physical Activity</b>	Play in the garden or backyard.